FIRST STEPS TO A POSITIVE LIFE

A FRESH START

A COMPLETE SOLUTION TO UPLIFT YOUR MIND & EMRACE POSITIVITY.

AMAN VARMA

Introduction

Have you ever found yourself trapped in a cycle of negativity—feeling drained, unmotivated, or weighed down by past disappointments and self-doubt? Maybe you've tried to break free, but something always seems to hold you back. I get it. I've been there too. And it can feel like a constant battle, one that never truly ends.

But here's the truth**: *This moment is your chance for a fresh start.*** A real, lasting transformation is not just possible—it's closer than you think. And what if I told you that the change could begin almost immediately? By the time you finish reading this book, or within a couple of days at most, you'll start to feel a shift. Imagine feeling more energized, more positive, and more connected to the life you've always wanted—***almost overnight***.

This book isn't just another set of theories or vague advice. It's a ***complete solution***—one that will provide you with the exact strategies, mindset shifts, and actionable steps you need to leave negativity behind and start living the life you deserve. The knowledge you'll find here is unlike anything you'll find in a typical self-help book. In fact, it's scarce. Very few people have access to this kind of insight—insights that I've gained not only through my own personal struggles but also from years of professional experience as a psychologist. These are lessons squeezed from real-life agony, tested through both personal experience and clinical practice.

What I'm offering here is a treasure trove of practical, life-changing techniques that will help you shift your mindset, eliminate negativity, and harness the power of positivity in a way that will stick. The results you'll experience will be ***lasting***. Unlike fleeting motivation, the changes you make after reading this book will become a permanent part of your life—if you apply the steps. You'll be amazed by how quickly you begin to see transformation. Some will feel it within *hours*; for most, within a couple of days, or at most, a week.

This isn't just about making short-term changes. This is a transformation that will last, one that will ripple out and impact every area of your life. If you follow the simple yet profound steps outlined in this book, there is no way you can fail. The power to create a vibrant, energized, and positive life is already in your hands.

The information you'll find here is more than just knowledge—it's a map to a new way of living. You'll look back on this moment as one of the best investments you've ever made in yourself.

So, are you ready to leave negativity behind and unlock the true potential that's waiting inside of you? Trust me, by the end of this book, you'll wonder how you ever lived without these tools. The transformation starts now. Let's begin.

- Aman Varma

Chapter 1: Bring your life back on track

I want to share with you three rules that can help you bring your life back on track if you feel that you're not living a good life. If you think you can do better, if at the end of the day you feel as if you're not contributing much to your day, if you're not utilizing your time to its maximum potential, if your sleep schedule is messed up, if you can't focus on your work, or if you're struggling to grow personally—like everything in your life is a mess and you're just stuck in it—this book is for you.

The first rule is to find the singularity. What is that specific thing that makes you feel guilty for not utilizing your time to the fullest, for not being the best version of yourself? At the end of the day, you might hear a small voice that makes you feel guilty, reminding you that you didn't make the best use of your day. You know you're not where you want to be in life. There's a sense of dissatisfaction and guilt associated with how you're living your life. It could be different for different people. For some, it might be related to work, relationships, health, or weight. So, when you get into bed at night, this voice comes up, telling you that you aren't good enough—that you're not living the life you're supposed to live—and it makes you feel terrible.

This is an indicator that this is the specific thing keeping you stuck in a loop. Identify the singularity. Alternatively, you can think about what you want to do with your life. If you have a vision for yourself, that's a great place to start. But if your life feels broken and you're trying to fix it, where everything feels confusing, there's no clarity, motivation is lacking, and you feel depressed with chaos all around, you can start by identifying what you want to eliminate. What is it that you don't like in your life? Make a list of things you want to change. Maybe you don't like the fact that you're being lazy or that you're waking up at noon. If you don't have a very proactive vision, try to think about all the habits you want to eliminate. This is a good start as well.

The second rule is to focus on consistency, not outcome. Whatever you're trying to fix or eliminate, we often get too obsessed with the outcome. For example, if you're trying to fix your sleep schedule, you may become so attached to the result that you lose patience and break your consistency. You might wake up at the right time and go to sleep at the right time for a couple of days, but then on the third day, you might slip up, and that leads to guilt again. You might try to get rid of those feelings, but it just makes you feel worse, dragging you back into the vicious cycle of not feeling good enough, not utilizing your day well, and being stuck in the slums of broken emotions.

Instead, focus on consistency. It's not about achieving perfection. A good life isn't something you achieve—it's something you practice. It's all about consistency. It doesn't matter if you miss a day or two. You get back on track and keep repeating. The more consistent you are, the better things will become. So, we're not trying to achieve a perfect sleep schedule, for instance; we are simply trying to be consistent

with whatever we're working on. If you're lacking focus and concentration in your work, just focus on showing up consistently with a fresh mind, ready to stay focused—not on the productivity or the output you create in a given hour or day.

The third rule is to be patient with yourself. Patience is a very important skill. We want results now. We want to fix everything quickly. But a broken life is often the result of a traumatic experience that threw you off your life's blueprint. It's left you mentally and emotionally messed up, and now you don't even feel like walking or talking to people. You're isolating yourself. You have to understand and be empathetic with yourself. Something bad has happened to you, and you should allow yourself time to recover. When focusing on being consistent and trying to either eliminate what's keeping you stuck or slowly working toward what you want to achieve, one day, you will get out of this vicious circle and create a better life for yourself.

Living a life that constantly feels like it's punching you in the gut—where you feel bad for not being the person you want to be—can be difficult. But you must also realize that this is a byproduct of being consistent with the goals and actions you want to take. It's not about achieving a perfect life; it's always a work in progress. This is what it truly means to enjoy the process, rather than being motivated by achieving goals. Motivation to achieve goals only lasts for a few hours, days, or at best, a few weeks. Consistency, however, is a principle that really matters if you want to build the kind of life you desire. So, these are the three rules you need to keep in mind if you're trying to get out of a vicious cycle of lack of productivity, misery, and suffering. Don't hurry. Be consistent. Figure out what you want to achieve or what you want to get rid of in your life, and work on it with a calm, peaceful, and silent mind.

Chapter 2: Take it slow

We are all seeking to be something in our life. We have goals, career aspirations, and relationship visions. We have an idea of how we want to live our life, and living that kind of life would mean we are doing it right. We all want to feel that, right? We all want to have satisfaction in our life.

But the problem is, we are not willing to give it time. We want it now. We're too excited. The vision we have for our life is so thrilling, and we are working so hard towards it. We want the results as fast as possible. But sometimes, it takes longer than we expect. We have to realize that it is okay to miss out on certain things.

There are so many things in the world that we want to experience: all kinds of hobbies, all kinds of people, all kinds of places. But sometimes, we can't do it. We are sacrificing all the time, making adjustments all the time. We're not able to live the kind of life we want to, even though we're aspiring for it. We are not really able to do it, and this always breeds dissatisfaction.

So, in this chapter, I want to tell you that it is okay to miss out on a few things in your life. It really is. When you think about it, if you are doing a few things with all the love and all the attention, those few things will give you so much satisfaction that the yearning for a hundred different experiences will fade away. Those very few things will satisfy your soul, they will make you feel good, they will make you feel better.

And it is also okay to not know. In the excitement, we want a future that matches our vision, and we deny everything that might happen otherwise. But if you look around, that's rarely the case. Not everything is in our hands, and this constant fear of the future — of not knowing what it holds for us — really paralyzes us. It makes us restless and anxious in the present moment. And due to that, even in the present moment, whatever we are doing, whatever kind of life we are experiencing, we reject it. We are not okay with it.

And that's the biggest cry. How can you not accept it? How can you not live a life that is in congruence with reality? How can you not love your life the way it is today? If you do not love your life the way it is today, how will you ever love your life as it turns out tomorrow? Because today is what creates tomorrow.

Living in the fear of the unknown, living in the fear of losing your vision, of losing the kind of life you had imagined for yourself — not only is it very scary, but it destroys your present life. The problem is that we do not want to live our life the way it is. We do not accept ourselves the way we are.

Yesterday, I was reading a book, and in that book, the author asked a question: "If you could be anybody, who would you want to be?" Rarely does a person say that

they would want to be themselves, the way they are. The reason is, we do not accept ourselves. We do not like ourselves enough to choose to be ourselves again.

Such an interesting insight. The fire of exploration that we have — the desire to experience the finest things in our life, the best relationships, the best career, the best friends, everything should be the best — creates a lot of anxiety. Because life has other plans, and we are in a fight with life. We do not accept it; we are in a battle against life, and it only crushes us.

So the question is: Is it really helpful for you? Is this attitude toward life really helpful, or is it causing you a lot of mental distress? Think about it for yourself.

But here’s another thing: real satisfaction comes from the minimum, not from the maximum. Think about it.

Chapter 3: Live a Little

Seriousness is a disease; it makes everything difficult in your life. Nobody wants to be with someone who is serious all the time, who is uptight all the time. It is very difficult to be with someone who is that kind of person. And imagine if that person is you. What if you are always uptight, always serious about every single thing, always anxious?

Here are a few tips that will help you understand what the damages of being too serious in life are and how it impacts your life negatively, damaging your mental health over time.

The first is to understand: Where does this come from? Where does this quality of being dead serious in life come from? It comes from wanting to be a certain way. You have some ideals in your mind; you have certain ideologies related to how you should behave, how you should think, how you should act in society, and that makes you very serious. Because if there are situations in life where you need to be different—where you have to be more creative, more outgoing—then it doesn't happen for you. You're just too stuck in trying to be something, trying to be a certain way. This can make you very dead serious in life.

Think about all the beliefs, all the morals that you hold for yourself. Aren't they making you much more serious? This world is a stage, right? I think Shakespeare said it. So, we have to be in a way that is very free-flowing, very congruent with how life is changing. If we do not change our morals, if we do not change our values with time, and always try to remain in a structure, we become dead serious, and at the end, it only brings us a lot of issues.

The second is wanting life to be a certain way, which makes you very serious. Why do you want your life to be a certain way? Maybe you have been taught this, because our society works that way: you go to college, find a job, get married, have kids, and live your life under financial burden, sacrificing your dreams, stuck in certain situations, etc. So, we are always borrowing these desires: this desire to go to college, have a job, have children, get married—all the things. Who told you that you have to do that? Who told you that life has to be that way?

When you sacrifice your inner freedom to live according to the structures of society and expect life to go in a pre-planned way, it makes us dead serious because life never goes according to us. Look around nature. Does it follow a structure? It follows laws, but it doesn't follow structures. It is free-flowing; it goes everywhere. It expands everywhere. So, why are you being so self-restricting to where your life wants to go? Why are you not open to that idea? Why are you so stuck in the idea that life has to be a certain way?

The third is getting caught up too much into ideologies, rigid rules, and blueprints of life. We all have plans and ambitions, which is fine, but if you are not flexible towards life, it will make you dead serious. Now, in Acceptance and Commitment Therapy, there's a concept that says you have to develop psychological flexibility in order to deal with your life's issues. If you don't have psychological flexibility, that will result in depression, anxiety, frustration, anger issues, or any other problem you might have. It's because you aren't psychologically flexible enough to navigate yourself through life, to change your values at times, modify your behavior, to step back and do self-inspection, and change your own ways of working. All of this is what psychological flexibility is. And when this is not there in a person, and they want to just follow one particular path that should be very straight, that person becomes very serious in life, and all sorts of issues arise.

The fourth is a lack of acceptance towards life's natural flow. We do not want to go with how life is going. If life is making you feel lonely, we do not want to accept it. If life is making you feel pressed, we do not want to accept it. In our resistance, all these mental issues persist. So, when we are more accepting towards all things—both the positives and the negatives—we just become more psychologically flexible, and life becomes much more fun.

Think about it: the roller coaster. If it were straight, we wouldn't enjoy it. The only reason we enjoy it is because it's going everywhere in every direction. So, when you allow yourself to flow with life in those particular directions, wherever life takes you, you will feel much more joyful. So, if things work out according to you, good. If they don't, big deal. Life wants you to have it another way, so accept it and enjoy it.

The fifth is seeking an outcome instead of living your life. We are all goal-setting human beings. We strive when there are goals, ambitions, and plans in front of us. But when we get too focused on the outcome, we miss the point of living life right now. It can be in your career, in relationships. You have a goal: "No, I want to have this kind of marriage, this kind of partner." You might lose sight of what life has to offer because we are just so tunnel-visioned.

Broadening your vision, broadening your perspective, and just flowing with life can give you a lot of joy and harmony. We cannot win against nature, so it is better to dance with it.

The sixth is because you lack maturity. A person who has developed maturity realizes that life is chaos. Life is a paradox. Life is both negative and positive. Life is basically something that you cannot comprehend, but only understand. You can just have a sense of it. You cannot intellectually understand everything because there are so many things going wrong in the world and so many things going right. But it's only about your maturity. When you go through the struggles of life, when you face a lot of issues, you come to the maturity that life is, you know, both good and bad all

the time. It’s unpredictable. So, why take it seriously? Just enjoy the good times and accept the bad times.

With maturity, when you understand all these frustrations and sufferings, it gives you a much deeper understanding of life. You loosen the grip of attachment, rigid expectations, and over-ambitious clinging towards objects and people. This gives you a lot of relief in life.

Let us now look at some negative effects of seriousness in your life.

The first is heaviness. You lose your capacity to think clearly in situations. When you are too attached to something, when you are too serious about it, you cannot think clearly about it because there’s a burden. It is just a paralyzing feeling. It is as if your shoulders are down and you cannot walk straight. You cannot think straight. Everything becomes so ugly. The colors in nature disappear, the emotions disappear, and your face becomes blank without any emotions. It is just heavy. That's the best way I can describe it.

The second is the lost ability to enjoy. Think about it: when you are dead serious about your goals, you try to make sacrifices in life. You might not go out as much as you want, you might not enjoy life as much as you want, because you are postponing it in order to achieve a goal. And that is a good thing, but you should not lose yourself so much that you never live. You should not be so dead serious and heavy about attaining one thing that might make you tremendously happy. And guess what? Even if you achieve that thing, you won’t be happy.

There is a famous saying: instead of enjoying your goal, enjoy the process. But if you are very dead serious about life—going to college, finding a job, finding a girl to marry, etc.—you do not feel anything. You become hollow inside. So, take it lightly. See where life takes you. See the directions life wants to take you in, and explore the possibilities.

The third is losing intimacy with life. We lose intimacy with everything: with people, with objects, with our own self. It’s like we do not even recognize ourselves. In cases of depression, especially major depressive disorders, where a person has been depressed for more than a year, 5 years, 6 years, or even 10 years, they lose their intimacy with life. Nothing brings them joy. Nothing brings them any kind of emotion. It is just flat—nothing.

So, when you are dead serious about life, relationships, career, personal growth, health, looks, body—anything—you end up losing intimacy with everything. You need to be intimate with nature, with your own emotions, with people, with your goals, with your ambitions. Everything. Don’t lose yourself to a degree that you feel flat and dead inside.

The fourth is that you start to limit yourself and you begin to live in confinement. Think about it: the more ambitious people are, it is always said that people on top are often lonely. Why is that? Because that's the result of being dead serious in your life. We do not want to be so serious in our lives that we miss out on the joys that life is giving us. We don't even accept it when life gives us good people around us, good emotions to experience. We are just so ignorant and dismissive of those aspects, just to focus on one thing that might give us happiness in the future, and we become stagnant.

This is a pretty bad effect of being so dead serious in life.

And the last effect is, of course, depression, anxiety, and all kinds of mental health issues.

Here's the tip: try to not run on tracks. Try to explore off-road. Try to explore different people. Try to explore whatever life is giving you. It doesn't mean that you are going out of your way to explore because you will be exhausted. I'm just saying that when life gives you something, dance with it. When life takes away something, think of it as for the good. If life is taking away something, it will be giving you something else. And if you are too attached, it will bring all sorts of sorrows.

So live a little, and don't be so serious in your life. It will only make things easier for you.

Chapter 4: Creating Space for Positive Energy

I want to share with you a three-step process that will help you overcome unwanted thoughts, unwanted memories, memories that are too painful, thoughts that are too painful, emotions that are steering your mind in negative ways. If you have lost yourself in all this negativity of life and you want to get out of it and have something positive going on in your life and in your mind, then these three steps will help you a lot.

Life is difficult for every one of us, and there is a sign which tells you that you are not coping with the difficulties of life very well. And that sign is: you're not having a restful sleep. If when you go to bed, your mind is running, creating fake scenarios, fake arguments, and thinking about all the things that are going wrong in life, then we are not coping with the difficulties of life in the best possible way.

So, I came to a point in my life personally where I was totally done with this. I was fed up with how my mind was running. The quality of my mental environment just didn't make sense to have that kind of mental space, because it will take away all the good things that are going on in my life. Life is precious. We all want to create a life which is serving us in the best possible ways. It is very important that we train our minds to let go of all the negativity that is going on in ourselves.

The first step is creative visualization, which has worked wonders for me. When you go to bed, bring the most painful memory in your mind, the most painful argument, the most painful fight, the person you want to get rid of—anything that you want to get rid of mentally. You bring that to your mind and then you convert it into a photograph. Okay, you are visualizing all these things. Now, you burn that photograph in your mind, and you throw it in a pit, which is bottomless. And you imagine that it is going away from you, and it's getting smaller and smaller and smaller as it goes away from you.

You can do this with almost all of your negative thoughts, negative emotions. Just imagine them as certain objects, and it is going away from you. You are destroying it. It is going outside your life, and it is going into the void. When you keep visualizing this, your mind feels as if you've started to move on from those negative emotions, and those negative images that it keeps playing obsessively serve no purpose. It gets the message: you can get as creative as you want with this visualization.

You can imagine all your memories in a box, and you are setting that box on fire, and you are digging a hole in the ground and burying all those painful memories in the ground. The more you do it every day consistently, the better you are able to process those negative emotions and get out of them as well.

The second step is to give yourself some auto-suggestions, which is: "I'm done with this. I no longer want this. This doesn't serve me." When you repeat such

phrases to yourself while imagining all the negative things that are going on in your life, the thoughts that you're holding onto, the resentment, the anger that you're holding onto, when you just say to yourself, have an honest self-talk with yourself. You go deep inside yourself, you look at yourself, and you're just being there with yourself. And you are telling yourself that you know what? I'm done with this negativity. I don't want this anymore. This isn't serving me anymore, and I let go of it willingly because it's stopping me from living the kind of life that I want to live.

So, depression, anxiety, anything, all the painful memories that you want to erase, people you want to forget—it can all be done when you have an honest talk with yourself, and you remind yourself, and you suggest to yourself that you are done with it, and you no longer want it in your life.

The third step is deliberate focus on the things that are valuable in your life. The goals you want to achieve, the targets you've set for yourself, the kind of person you want to become, all the personal development you want to do, all the right kinds of people you want to surround yourself with, all the places you want to go, all the things you want to buy. When you visualize them instead of visualizing the negativity, your mind starts to get reconditioned. Your mind starts to get the idea of where it should be running.

So, you might want to write down all the goals you want to achieve, all the things you want to see, all the places you want to go, and read them throughout the day multiple times. While doing that, you are just recalibrating to the kind of life you want to live. Now, this won't be easy because your mind is naturally running towards the negativity, so when at night you do those visualization exercises, you are getting rid of the negativity. A space is created, and then you will naturally lack the energy and positivity to work for better things.

Okay, so if you want to erase these memories, all you have to do is follow these three steps, and you will realize, attempt after attempt, you will feel much better. Only in the first attempt, you will feel as if all this mental burden that you're carrying in you just fades away. Okay, so use this visualization technique to transform your mind into whatever kind of person you want to become. If you want to become ambitious, start imagining that. If you want to become healthy, start imagining that.

The more you train your mind to look at things that matter the most, and when your mind keeps repeating those things, you start to progress in that direction. The nature of the mind is to loop things. Okay, when you sleep at night, the dreams you have, it's just the loop of whatever has happened to you throughout your life. So if you turn your mind into a positive outcome-producing machine by giving it the right mental images, you make your life much better. You improve your mental health, you improve your creativity, and you improve your energy as well.

Chapter 5: Learn to Combat Negative Thinking

I want to share with you nine steps that will help you think more positively and combat your negative thinking.

Step 1: Identification
Is it your career? Is it your health? Or is it something that you want to achieve? Where exactly are you thinking negatively, and why? You have to contemplate the reasons that might contribute to this negative thinking. After you have done that, you need to proceed to the second step.

Step 2: Understanding What Is Happening in Your Mind
What exactly is happening when you are thinking negatively? For example, there is a negative thinking pattern called overgeneralization, where a person generalizes everything based on one singular event. For example, a person goes to a foreign country, and the first person he meets there, a local citizen, treats him poorly. Now, he has made an overgeneralized statement: "The people of this entire country are not well-mannered." This is what overgeneralization looks like. So, there are many different kinds of negative thinking patterns that we, as humans, are more prone to. Once we understand them, we can become more aware of them, which will help us improve our thinking.

Cognitive Behavioral Therapy (CBT) focuses on identifying and challenging negative thinking patterns that contribute to emotional distress. These patterns, known as "cognitive distortions," often lead to unrealistic and negative perceptions of situations, oneself, and the future. Below are some common negative thinking patterns in CBT, along with examples:

1. All-or-Nothing Thinking (Black-and-White Thinking)

- **Definition:** Seeing things as completely good or completely bad, with no middle ground.
- **Example:** "If I make one mistake at work, I'm a total failure."

2. Overgeneralization

- **Definition:** Making broad, sweeping conclusions based on a single incident or piece of evidence.
- **Example:** "I didn't get that promotion, so I'll never get ahead in my career."

3. Mental Filtering

- **Definition:** Focusing on the negative aspects of a situation while ignoring any positive elements.

- **Example:** "I got one negative comment on my presentation, even though everyone else said it was great."

4. Discounting the Positive

- **Definition:** Rejecting positive experiences or achievements by insisting they don’t count.
- **Example:** "That compliment doesn't matter; they were just being nice."

5. Jumping to Conclusions

- **Definition:** Making assumptions without evidence to support them. This includes two main types:
    - **Mind reading:** Believing you know what others are thinking.
    - **Fortune telling:** Predicting negative outcomes without reason.
- **Example (Mind reading):** "She didn’t say hi to me this morning; she must be mad at me."
- **Example (Fortune telling):** "I know this job interview is going to go poorly."

6. Catastrophizing (Magnification)

- **Definition:** Expecting the worst possible outcome or viewing a situation as far worse than it really is.
- **Example:** "If I fail this exam, I’ll never graduate and my life will be ruined."

7. Emotional Reasoning

- **Definition:** Believing that negative emotions reflect objective reality.
- **Example:** "I feel anxious, so I must be in danger."

8. Should Statements

- **Definition:** Using "should," "must," or "ought to" statements that create unrealistic expectations and lead to frustration or guilt.
- **Example:** "I should always be happy, and if I'm not, something is wrong with me."

9. Labeling and Mislabeling

- **Definition:** Assigning global negative labels to oneself or others based on specific behaviors or actions.
- **Example:** "I didn't handle that situation well, so I'm a complete failure."

10. Personalization

- **Definition:** Blaming yourself for events outside your control, or taking responsibility for others' behavior.
- **Example:** "It's my fault the team didn't meet the deadline; I should have done more."

11. Blaming

- **Definition:** Holding others responsible for your feelings or circumstances, rather than recognizing your role in the situation.
- **Example:** "It's my partner's fault I'm stressed out; they never listen to me."

12. Unrealistic Expectations

- **Definition:** Setting unattainably high standards for yourself or others.
- **Example:** "I should always be perfect in everything I do."

In CBT, the goal is to recognize these patterns, challenge their validity, and replace them with more realistic, balanced thoughts. For example, someone who believes "I'm a total failure" because of one mistake could reframe it as "I made a mistake, but I can learn from it and improve." This process helps reduce emotional distress and promotes healthier thinking patterns.

Step 3: Choosing Realistic and Positive Thoughts

Thoughts all the time are not a big issue, but they become a problem when we don't have control over them. When we cannot digest what we are thinking or live with the quality of thoughts we are having, we all want uplifting thoughts, positive thoughts that inspire us, that make us motivated and energized. The next step is all about understanding that you have a choice. Whenever you think negatively, you have a choice to select an alternative, more realistic, and positive thought. Once you do that, and once you practice this thinking, and choose more realistic thoughts, alternative thoughts other than negative thoughts, you become more positive in general.

Step 4: Addressing the Underlying Fear of Unfavorable Outcomes

Whenever we fear that we are going to receive what we don't want, what we don't like, we start thinking negatively. For example, you made a mistake at work. Now, you are thinking negatively that your boss is going to fire you. This is not an issue.

Thinking negatively that your boss is going to fire you is not an issue. The underlying issue is your fear of insecurity, your fear of losing your safety, your financial safety, or it could be something else. You have to dig deeper: what exactly is the fear that underlies it? You need to address it. Unless you address it and overcome it, you will never be able to stop overthinking.

Step 5: Embracing Total Acceptance with Detachment

When you do this, negative thinking just fades away. You are thinking negatively just because you are not able to accept the reality of this moment. Accept the outcomes not going according to you. When you practice detachment and being okay having this open-mindedness towards life, this keeps the options in your life more open than the negative thinking does. Negative thinking doesn't affect you that much. Negative thinking is only trying to protect us when our options are limited, when the way of our life is limited, when we think that we cannot face our challenges, when we cannot have a better life, if these outcomes don't go according to us. That is the time we feel negative and are tortured by our negative thoughts. But when we are more flexible towards life, we are more detached towards everything in our life. The negative thinking fades away because, naturally, you are now more open to other options that might come across.

Step 6: Realizing Desire Has Nothing to Do with Reality

Desire has nothing to do with the reality of the situation. Whether you desire or not, whether you hold on to desire or let go of the desire, makes an absolute zero difference on what the reality will be. It is so twisted in our minds that we think that by building on something in our minds, it increases the probability of that thing happening in reality. It doesn't happen that way. You can think whatever you want, you can believe whatever you want, but it has nothing to do with how reality is going to turn out. And you will always benefit if you let go of the desire from your mind. Because if the thing works out well, you will be happy, and if it doesn't, then you didn't have the desire in the first place. But if you had a very strong desire that this should happen this way, and now that it isn't going to happen, you will suffer. You will have this mental torture. So, realize that holding on to a desire is only creating torture for yourself. Because, I dare say, even if you let go of the desire, nothing is going to change. Even if you hold on to desire, nothing is going to change. Things are going to work out the way they are going to work out. So, rather, have a more detached approach towards life, which will keep you more sane in your life.

Step 7: Realizing Acceptance

Thinking isn't going to change reality. So why torture yourself with negative thinking? Negative thinking comes because primarily you dislike an outcome, you dislike the person, you dislike the situation, you dislike how things are going. This leads to negative thinking. But disliking and liking anything doesn't change anything. It doesn't change anything. You may feel as if by holding on, as if by liking it, it changes the thing, but it doesn't. This is an experience. This is not a technique. This

is an experience. When you observe your life and identification, things go well, you won't be affected by it. So, the problem of negative thinking only arises when we are holding on to certain expectations, certain likes, and certain plans that should go this way. Unless you are willing to let it go and realize that holding on to it doesn't have any effect either way, your negative thinking will persist.

Step 8: Overcoming Negative Thinking

Once you do not have to use techniques like journaling, ventilating, mindfulness, going for a walk, distraction, etc., there's no need to use any technique to overcome negative thinking once you simply let go of holding on to preferences.

Step 9: Realizing Reality Will Persist

This is going to happen: your business, your relationship, your life will not go according to your plans. You didn't get the love you wanted, you didn't get the body you wanted, you didn't get your desires fulfilled, and the situation just turned out to your disliking. Well, if you keep resisting the acceptance of it and keep imagining and holding on to the fantasies and idealizations of the opposite where everything is according to your liking, negative thinking will persist. This is the law, this is how the mind works. So, if you want your negativity to go away, if you want your positivity to persist, then all you need to do is accept the reality moment to moment, just the way it is, without having any preferences for likes and dislikes.

Chapter 6: Simplify your life

To think positively it is important to simplify your life. Here is how I did it.

Past few years have been very difficult for me, and it was all because of complications — complications in career and relationships. It took a lot out of me, and so for the past few months, I was trying to simplify my life. After doing that, I'm experiencing better emotions in my life. I'm experiencing more positivity, so it is very important that we all make an attempt to simplify our lives.

Because if we don't, we invite unnecessary suffering that we need not experience. We don't have to experience more pain than necessary. But when our life is cluttered, when our life is not simple and straightforward, we get pulled in all directions, and there is weakness. There is loss because of that.

So, in this chapter, I want to share with you nine steps, nine things that I've discovered on my journey of simplifying my life. And these things have helped me tremendously, so I feel that it will help you as well.

The first and most important thing that helped me simplify my life was to reconnect with what gives meaning to my life. When we lose touch with our authentic self and the things that give meaning to our life, with the kind of vision that we have imagined for our life, when we lose touch with it, all sorts of things start to complicate our life.

Because our energy starts getting distributed in things that are not necessarily serving us — in things like relationships, people, careers, tasks, all such things that don't necessarily create any value in our life and don't make us feel as if we are progressing in a positive direction. All this leads to suffering that is not necessary. So, simply by connecting with what is true to us in relationships, in careers, right when we get very clear on what is good for us, what it is that we are looking for, we can easily say no to all the drama that is being caused because of the nature of all those things.

When you're not clear about what you want in a relationship, you will always have this tension in the relationship with the person, which drags you down and is totally unnecessary. So, instead of wasting your energy and your positivity and your emotions on things that do not matter, we should focus on things that bring a lot of value in our life.

When we do this, when we start to have an honest talk with ourselves and refocus our energy and mind towards things that give meaning to us, that make life worth living, we simplify our life. And this is the most critical point. If we don't have this clarity of where we want to go in life, whatever you do to simplify your life, the other exercises won't matter as much. They won't contribute as much.

This is the first and most important thing, so clarify what kind of life gives meaning to you and think about it day and night. Start working on it. The next is to reduce stuff, eliminate all the clothes that you do not wear. The things that you have in your surroundings may not seem like a complication in your life, but you may not be paying attention to it as much. I'll give you an example: I had like 3–400 books, okay? And half of them were trash, some of them I never meant to read. I just bought them because they were recommended.

Even though those physical things were just lying in my living room, and I wasn't paying attention, subconsciously I had this burden — a huge task to attempt to read all those books, right? Similarly, the clothes you have in your wardrobe — you may have this subconscious diversion towards things that you are not wearing. Those clothes you should give away. You know all these things that we surround ourselves with — if they are unnecessary, just get rid of them.

When you take out 50 or 60 percent of the trash from your home, you actually feel lighter and simpler. Don't buy stuff. Try not to buy stuff because you actually don't need it. Reducing stuff and decluttering your home will also provide a lot of simplicity to you.

The third is to resolve internal conflicts. Cognitive dissonance is a concept in psychology where we experience stress, a tremendous amount of stress, when we have conflicting ideas, when we have conflicting ways of living. When we have conflicting beliefs, they create a lot of stress. They take away all our energy, and we lose focus and vitality.

So, if you want to simplify your life, you have to simplify your mental environment, and to do that, you have to simplify your beliefs. For me personally, I had a lot of contradictory beliefs because of my study in spirituality, and those values and principles of spiritual life were in contact with the values of practical life. So, it was very difficult to handle spirituality as well as business and relationships, etc.

I will give you an example: In the Ashtavakra Gita, there is a saying which goes like this: 'You have to live your life as if you are a dry leaf floating in the air.' That means you do not have any goals for yourself; you just go with the flow of life to an extent where you don't have any desires whatsoever for anything.

Now, this makes you so passive that you cannot conduct business. You cannot let business run on fate. I'm not that enlightened to understand it 100%, but it created a fragment of me in personal life, in relationships, and in business and finance. I could not give it because I was trying to balance it with spiritual principles. So, I had hundreds of teachings of spirituality that were in my mind, as well as practical life — I have to feed myself, I have to take care of my future family, I have to be financially free. So, this created a lot of confusion and complications.

So, I had to sort that out. I had to do a lot of unlearning of these principles that do not serve me anymore. So, focus on what works for you, what serves you, what creates your life better. Anything that brings complication — any principle, any value, any person that brings complication in your life — just get rid of them because by doing that, you will align your heart, your mind, and the reality.

You can think whatever you want, your heart can desire whatever it wants, and the reality can be whatever it is, but if there is no alignment in those three things, life will be complicated, and a complicated life is a burden.

Some people who are experiencing anxiety, panic attacks, depression — it is all because of complications. So, the more clear you are on how you want to live your life, what kind of person you want to be, what kind of things you will tolerate in life, the better it is for you. And whatever doesn't align with that, you just have to eliminate.

The next thing that helped me was to create mental distance from things that complicated my life, the things that created anxiety in me. I had to mentally distance myself from them. Meaning, I would rather focus my mental energy on things that I want and that are true to me, rather than focusing on those people and those beliefs that are not making me joyful in life.

So, mentally distancing simply means you have taken away all the mental energy, thought, and time from things that no longer serve you in the long run. Instead, you focus on things that matter to you the most: your daily goals, the kind of life you want to live, your personal growth, etc.

The next thing that helped me simplify my life was to embrace a simplistic philosophy and ideas. I read a lot about Eastern Spirituality & Western Philosophy and all these philosophers and spiritual leaders. They created so many complications. Philosophy is such a complicated thing. It makes you ponder over questions that, even if you get answers to them, don't add any value to your practical life.

For example, I can sit and think about 'What is the nature of this existence?' 'Why is everything the way it is?' 'Is it all luxury?' 'Who am I?' 'What am I?' and it serves no purpose. It just complicates everything about yourself to the point where you start to question the reality of existence itself. You fall into this trap of losing yourself into this manic madness, where you forget to distinguish yourself from who you are and what this world is. Everything starts to become a blur, a fusion, as if nothing is separated.

Everything is one, and these things make you negative, they make you insane, they make you lose yourself. So, reading about things written by such people added a lot of complication in my life. So, I just gave up those philosophies and embraced a simple philosophy — just taking care of your health and achieving what I want in life.

So ask yourself, who are the people and what kind of ideals and philosophies you are holding onto that are creating unnecessary tension and stresses that do not contribute to anything.

The next discovery that helped me simplify my life was to unlearn everything that didn't suit my temperament. Meaning, I am a specific kind of person. I have my habits, I have my nature, I have my mental makeup, and the things that don't suit my temperament, I should not force those things onto me. There is a concept of attachment style: if you are an insecure attachment or avoidant attachment, you cannot change it. It's something you are born with, so trying to act as if you are a secure person doesn't make any sense. It creates a lot of complications in life.

So, it is better to let go of the things that are suitable for your temperament and focus on the things that bring out more authenticity in you. The next thing I did to simplify my life was to take rest. Complication is such a burden. It takes so much work, so much mental energy. So, the thing I had to do was stop it all and take rest.

Okay, take rest, sleep, don't think about anything, don't do anything extraordinary. Do simple things — enjoy a cup of coffee, go to a movie, just basic things. Focus on basic things and take proper rest, rejuvenate yourself. After that, do all these things to gain clarity in life.

The next thing which simplified my life was being fulfilled in myself, not having any kind of dependency on anybody, but being totally focused on what brings me joy, what creates meaning in my life, being totally absorbed in activities that fulfill me, and being totally dependent on my own life.

Making my life so interesting to me, making my life full of activities and hobbies and tasks that bring fulfillment to me, and reducing all sorts of emotional need for emotional nourishment from anybody. And having this single-pointedness in the way I live my life.

This created a fragment of reading, studying, helping people, making videos, teaching, training, so I have to do these things regardless of how I feel. And I realize that if I look at my life consciously, meaning if I want to learn something about a habit, I will search it and learn it. I will keep those things in my life that serve me, that make my life complicated, that take away my mental energy, and stress me out.

So, these were the nine things that I discovered in my journey of simplifying my life. I'm still working on it, but these were some of the principles that transformed my life in the past few months.

Chapter 7: Be content in self

Do you ever contemplate what happiness is?

I have been thinking about it a lot, and one thing I have understood is that happiness isn't about the little joys that we experience in our day-to-day life. I think fulfillment and internal peace are a better understanding of how happiness affects us.

And in order to experience that kind of happiness, what I have realized is that we need to become self-fulfilled. This is the art that you need to cultivate if you want to experience a level of happiness that is not flickering, based on the external events that happen to us.

Not only in the Bhagavad Gita, but also in the Ashtavakra Samhita, both tell us to be self-contained and self-fulfilled. After thinking about it, I have realized that this is the best advice. This is the best art you can develop in your own life.

Think about it. When you are self-fulfilled, it means you are not expecting happiness from people, from things, or from events. You are just happy the way you are, in whatever situation you are. Just by yourself, you are experiencing all the positive emotions that you would otherwise seek from other people.

Think about it this way: There's a person in your life, and you have this expectation that your relationship with them should be good—that you should spend some quality time with them. And this expectation distracts you in a sense that you stop giving yourself the same quality time that you are expecting from the other person.

When the other person is busy, they have their own schedule, and they are not able to give you their time, what then? At that moment, you experience suffering because you are not getting quality time from them, nor are you able to give it to yourself.

The whole problem is that when we start expecting all those positive emotions from the external world, we stop giving them to ourselves as well. What kind of way is this to keep ourselves happy?

If you are giving it to yourself and, in addition to it, expecting it from other people, that might make a little bit of sense. But if you stop totally and never care about giving all the positive emotions to yourself, putting that burden and responsibility on other people, then this is not a logical way to live.

So, you have to learn to live by yourself. Why? Because this will give you the power and control over your own emotional states. You will learn how to keep yourself happy without experiencing any kind of drama that might come from external relationships.

Think about it this way: You have your schedule. You know exactly what you will be doing throughout your day. Suppose you have an empty slot in the evening, from 7 PM to 8 PM. Now, if you expect that your friend should accompany you, or you should go out with your friends or family, etc., then you are giving away the power of feeling fulfilled by yourself.

Instead, you should always have something to do in your own life. You should always have interesting activities to do with yourself that don't require any other person at all.

Think about this idea for a minute, and you will understand the power of it. You don't need anybody to go out with you. You don't need anybody to go out with you for lunch. You don't need anybody to go with you to a sport. You don't need anybody to go with you to the movie theater. You don't need anybody to do anything with you whatsoever.

This isn't about wanting things; this is about needing things. If you need these things from other people, you will be in constant stress and tension because you will be trying to please other people. You will not be at your authentic self because you want something from them.

But when you are able to give it to yourself, you can take yourself to the movie, you can take yourself to lunch by yourself, and you are happy. You don't feel lonely. You are just self-fulfilled to a level that if other people join you, it is their benefit. You don't need them.

This is the art of self-fulfillment. God and the sage reveal that the person who is self-contained is the one who is eligible to attain liberation.

What does liberation mean? It simply means that you are free; you experience freedom from the bondage this world causes you. And what are the bondages? When you are dependent on other people for anything, that creates a bond. It creates bondage because if they don't fulfill it, you will experience negative emotions, and that is suffering.

So, if you want to be ever free, ever happy, learn to be by yourself. Learn to do all the good things for yourself, by yourself, and you will be self-fulfilled.

Believe me, when you reach this state, where you are totally oblivious to the world and you are simply enjoying your own company, you will experience the kind of happiness that you will never experience, even being in a relationship with someone.

We give ourselves great damage when we live a life dependent on other people. Because there are two factors to it, right? Once there is someone in your life, you start sharing your life with them, and you stop giving the time to yourself that was

needed. Before people come into your life, you are self-fulfilled. But when people come into your life, what happens? A void is created. Why?

So, there are three things that you can do in order to cultivate this self-fulfillment:

1. Cut out the dependency on people and even materialistic things, and start experiencing that joy within yourself through meditations of witness consciousness.

2. Develop your own interests and hobbies.

3. Create pillars for yourself, in which you can anchor yourself when you are going through a difficult time. If there are some emotional storms going on in your life, just create five pillars in your life that will ground you back into sanity. It can be anything. It can be a sport. It can be a hobby like painting, walking, cycling, whatever.

Five areas, okay? Because even if one area is not able to give you the kind of fulfillment you're looking for, there are four others.

The whole point is that you have a lot of things to do in your own life so that you don't need anything else or any person to fulfill the void.

And when you have this self-fulfilling agenda mindset, you experience joy. This is what the Bhagavad Gita and Ashtavakra Gita are saying: you should not be dependent on external things, nor people, nor materialistic things. Start to experience all those things that you want to experience without them.

This is a tricky idea to conceive, but it is a very powerful principle. If you implement it in your life, you will be self-fulfilled. Then, the whole responsibility of making yourself happy comes into your own hands.

Chapter 8: Design your own philosophy to live by

When life gets tough and we are in a constant state of anxiety, wondering how life will move ahead, how things will unfold, whether the business will work, whether the relationship will work, etc., in these times of difficulty, I have found that having a philosophy for your own life helps us a lot to navigate all the storms. So, you should really consider having a philosophy for your life.

I have been reading books on philosophy and spirituality for years now, and for the past few months, I was really confused about what is right and what is the best way to navigate through life. Every different book and theory suggests a different way of living life. So, I decided to create my own philosophy and not base my life on a particular book or culture.

This is what we all need to think about because philosophy is something that keeps us grounded in life. You should have your set of rules; you should have your own philosophy. This is how the world works. Even if it is untrue, it doesn't matter. If you keep yourself too open to other philosophies, at some point, you will not be able to tell who you actually are and what you believe in. There won't be any self left anymore.

So, I suggest that you develop a philosophy for yourself. It could include your life lessons and how you want to live your life. For example, I have developed a rule that I will say only what is necessary. If it is not absolutely necessary to say something, I won't say it. This is a new rule I have created for myself, and it is actually based on a bad experience I had, which created havoc in my life. Similarly, I have another rule: I will not hurt anyone, at least I will try not to hurt anyone. Because whenever I have hurt someone, I have experienced hours, even days, of constant guilt, regret, and anxiety.

So, I have made it my philosophy that if someone hurts me, I will protect myself, but I will never be the one to hurt someone. Having a philosophy actually guides you through your life and creates a healthy self-identity, which I believe is very important. You won't have that kind of groundedness and philosophy if you are not very particular about your personal growth, if you are not very excited about living a life that is good for you.

This was a bit of context for this chapter. I wanted to share with you an insight that I gained through my journey, and I wrote it down in my journal. It is a lesson that I want to help you with, one that can help you in various areas of your life.

It is actually based on the concept of karma and past life karmas. Due to my interest in spirituality, I read a lot about karma as well. At one point, I was confused: If everything is a consequence of past actions, then what is really in my hands? How do I differentiate between past karmas and my present life? Because if I was blind in

this life due to past actions, then it doesn't make sense. The freedom to live the life I want to live is not there with me anymore. I cannot always say that everything that happens is because of my past karmas. That steals away my freedom of expression, my power of choice, and my freedom.

So, what I wrote down was: All obstacles and problems—I'm not talking about the future right now; we are only talking about everything that has created a problem in your life up till now—should be considered a result of your past actions. Consider them as your past karmic reaction. Go through them equanimously, and more importantly, do not create actions that may further create unwanted consequences.

You are already suffering because of your past karmic reactions, and due to those, you are getting frustrated and egoistic or whatever, and you are creating more problems that will produce more unwanted consequences in your future. So, the best way to deal with this is to consider every problem that comes into your life from right now as something that could be a fruit of your past unpleasant actions. You just tolerate that trouble. Find a solution and don't hold any bitterness toward the problem.

Simultaneously, make every effort to not create any new problems in your life. If you don't do stupid things, you won't have to worry about your consequences. Take charge of what you do in your life.

For example, there is a person who comes into my life. Now, this could be a reaction from the past. That person gives me a lot of trouble. That's alright; I will tolerate it, equanimously. Outside, I will be assertive and try to fix things, but inside, I have this philosophy: Whatever trouble is coming into my life is a consequence of past karma.

Being aware of that and following that philosophy, I won't do anything to hurt the other person in return, so that it creates more unwanted consequences. I don't want more anxiety. If it came due to past karmic reactions, well, I'll tolerate them. I'll eat the fruits, but I will make sure that I don't plant any new seeds that will produce unwanted consequences in the future for me.

This is a new insertion in my philosophy for living my life. I hope this is something that inspires you to develop a new philosophy as well. Think about it: If you keep doing stupid things, you will keep facing stupid consequences. And if you are troubled by your life right now and you don't like how your life is going, it is because of your past actions.

So, take responsibility to create actions that create the kind of life you want to live. This is how you create a heaven for yourself right now. Hell and heaven are not concepts outside this world, at least that is what I believe. I think you can create your heaven right now.

For me, heaven means where I don’t experience anxieties, where I don’t experience bad emotions, where I have peace of mind and pleasant relationships, a good business, etc. How can I create that heaven for myself right now? By doing the things that are not stupid. By first identifying that if I say something bad to another person, I go into anxiety for a few hours. So, from next time onwards, I won’t say anything to anyone that hurts them. This way, I won’t create any anxiety in my life, which means I will have peace in my life.

If I keep continuing this for years, I will probably have created heaven for myself, because I stopped doing things that trouble me emotionally. When there are no things left, which are the consequences of my own wrongdoings, then ultimately the state that would be left would be heaven.

I don’t know if you can relate with it. I don’t know if I was articulate enough, but this is an interesting idea. So, maybe start writing down your lessons and make sure not to repeat them. Make sure not to do stupid things so that you don’t have to face stupid consequences, so that you don’t have to live in a state of regret, depression, anxiety, etc.

Create your own heaven by doing the things that bring you pleasant emotions. I hope this helps.

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